KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 3, 2014 thru Feb 7, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 02/03/2014																
LUNCH K-5	Total	100														
BURRITO, BEEF, BEAN & RED C HIL	1 EACH	100	271	10	381	3.01	15.05	4.0	20	4	4.01	9.03	35.12	11.04	2.51	0.00
REFRIED BEANS, ELEM	1/2 CUP	75	200	0	1040	12.00	5.40	80.0	0	0	2.4	12.0	36.0	0.0	0.00	0.00
CARROTS, RAW BABY EL	4 OZ	60	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
APPLESAUCE, UNSWEETENED	1 CUP	75	120	0	20	4.00	2.88	0.0	0	0	4.8	0.0	30.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			649	18	1365	15.51	21.68	369.5	2866	359	11.06	26.39	110.28	11.69	2.89	0.00
% of Calories												16.3%	67.9%	16.2%	4.0%	0.0%
Tue - 02/04/2014																
LUNCH K-5	Total	100														
BBQ PORK RIBWICH	1 EACH	100	405	46	870	3.90	3.08	69.0	138	21	31.08	16.6	38.0	20.5	6.00	0.00
BAKED SWEET POTATOES & A PPLES	1/4 CUP	50	84	0	26	2.04	0.47	11.9	3757	301	4.42	0.62	18.03	1.38	0.30	0.35
GREEN BEANS, CUT	3/4 CUP	50	50	0	540	2.00	0.72	0.0	400	80	0.0	0.0	10.0	0.0	0.00	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	75	144	0	15	2.80	0.80	15.2	264	53	4.8	1.2	37.6	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			712	53	1340	8.02	4.55	386.3	2915	351	38.09	26.06	104.46	21.81	6.53	0.18
% of Calories												14.6%	58.6%	27.6%	8.2%	0.2%

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 3, 2014 thru Feb 7, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/05/2014																
LUNCH K-5	Total	100														
PIZZA BIG DADDY HARVEST ROLLED	1/8 SLICE	100	430	35	770	3.00	2.70	300.0	400	80	0.0	25.0	51.0	15.0	5.00	0.50
SPINACH & FRUIT SALAD	1.5 cup	50	202	0	60	2.24	2.49	84.9	7398	622	53.71	2.81	23.26	11.56	0.88	0.04
APPLESAUCE, CUP STRAWBERRY	1 EACH	75	70	0	15	3.00	0.00	0.0	100	20	60.0	0.0	16.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	60	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			746	43	986	6.37	4.22	645.4	4674	506	109.05	34.70	106.98	21.41	5.81	0.52
% of Calories												18.6%	57.4%	25.8%	7.0%	0.6%
Weighted Average			703	38	1230	9.97	10.15	467.1	3485	405	52.73	29.05	107.24	18.30	5.08	0.23
												16.5%	61.1%	23.4%	6.5%	0.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	703		664	106%				
Cholesterol (mg)	38		75	50%				
Sodium (mg)	1230		1328					*Target effective with 2014-2015 School Year!
Fiber (g)	9.97		6.00	166%				
Iron (mg)	10.15		3.50	290%				
Calcium (mg)	467.1		286.00	163%				
Vitamin A (IU)	3485		1120	311%				
Vitamin A (RE)	405		224	181%				
Vitamin C (mg)	52.73		15.00	352%				
Protein (g)	29.05	16.54%	10.00	290%				
Carbohydrate (g)	107.24	61.06%						
Total Fat (g)	18.30	23.45%	<=30.00%					
Saturated Fat (g)	5.08	6.50%	<10.00%					
Trans Fat[1] (g)	0.23	0.30%						

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 17, 2014 thru Feb 21, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 02/17/2014																
LUNCH K-5	Total	100														
CHICKEN FAJITA QUESw/BEAN 9-12	1 EACH	100	513	57	1255	5.08	4.32	410.8	539	53	3.59	30.95	61.36	14.22	5.65	0.00
GREEN BEANS, CUT:3/4C	3/4 CUP	75	50	0	540	2.00	0.72	0.0	400	80	0.0	0.0	10.0	0.0	0.00	0.00
PINEAPPLE CHUNKS	1/2 CUP	75	146	0	2	1.95	0.68	34.2	93	19	23.18	1.02	38.31	0.2	0.02	0.00
JUICE CUP, VARIETY	1 EACH	60	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			823	64	1837	8.05	5.64	739.4	1408	227	58.17	40.01	129.94	14.99	6.04	0.00
% of Calories												19.5%	63.2%	16.4%	6.6%	0.0%
Tue - 02/18/2014																
LUNCH K-5	Total	100														
CHICKEN, BBQ FILLET BURGER	1 EACH	100	350	46	834	4.00	3.80	78.0	140	28	31.0	19.0	41.0	14.0	2.00	0.00
CARROTS, BABY RAW	4 OZ	75	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
POTATO, CRINKLE CUT: 3 OZ	3 OZ	80	40	0	10	0.67	0.24	0.0	0	0	2.0	0.67	6.33	1.5	0.50	0.00
FRUIT,MIXED,,LIGHT: 1/2 C	1/2 C	75	144	0	15	2.80	0.80	15.2	264	53	4.8	1.2	37.6	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
KETCHUP, PC 7 GR	PKG	80	10	0	80	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	75	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
Weighted Daily Average			688	62	1194	7.25	5.05	410.3	3793	487	38.01	29.24	103.23	20.47	3.22	0.00
% of Calories												17.0%	60.0%	26.8%	4.2%	0.0%

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 17, 2014 thru Feb 21, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/19/2014																
LUNCH K-5	Total	100														
COD ROASTED 2013: K-8	3 OZ	100	62	16	127	*N/A*	0.18	5.0	100	20	0.3	5.25	0.75	4.25	0.63	*N/A*
RICE, BROWN LONG, QUICK COOKED	3/4 cup	75	162	0	7	2.70	0.61	15.0	0	0	0.0	3.78	33.59	1.32	0.27	0.00
SALAD, ROMAINE: 1.5C NO DRESSI	1.5 CUP	60	55	0	26	2.82	1.06	43.5	12183	941	56.65	1.52	12.52	0.35	0.05	0.00
MANDARIN ORANGE SEGMENTS: 1/2c	1/2 C	75	180	0	0	2.00	0.00	40.0	429	86	12.0	1.0	42.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	60	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
COOKIE, SUGAR REDUCED FAT WHOL	1 EACH	90	111	7	114	0.87	0.54	0.0	16	3	0.0	1.42	18.19	3.64	1.20	1.08
SALAD DRESSING, RANCH	1 OZ	60	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
TARTAR SAUCE: scratch	1 OZ	100	77	6	148	0.29	0.05	8.0	1	0	2.34	0.29	6.52	6.22	0.62	0.00
Weighted Daily Average			732	43	642	*6.29	2.08	394.6	8265	752	82.88	19.94	121.28	19.26	3.29	*0.97
% of Calories												10.9%	66.3%	23.7%	4.0%	*1.2%

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 02/20/2014																
LUNCH K-5	Total	100														
TACO BEEF & BEAN K-8 GRADE:	2 EACH	100	143	14	322	2.12	1.16	88.2	176	22	1.57	7.25	12.12	7.47	2.99	0.00
REFRIED BEANS, ELEM	1/2 CUP	80	200	0	1040	12.00	5.40	80.0	0	0	2.4	12.0	36.0	0.0	0.00	0.00
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	50	66	0	175	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
APPLES,FRESH,W/SKIN	1 EACH	80	77	0	1	3.58	0.18	8.9	80	7	6.85	0.39	20.58	0.25	0.04	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			531	22	1417	15.38	6.25	461.3	773	135	13.67	26.48	89.26	8.70	3.46	0.00
% of Calories												20.0%	67.2%	14.8%	5.9%	0.0%

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 17, 2014 thru Feb 21, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat¹ (g)
Fri - 02/21/2014																
LUNCH K-5	Total	100														
FRENCH TOAST STICKS, WG :3 EA	3 EA	100	210	120	280	2.00	1.80	20.0	200	40	0.0	7.0	26.0	9.0	2.00	0.00
SAUSAGE, LINKS LF SKINLESS	1 EACH	100	66	20	224	0.00	0.47	26.3	0	0	0.0	6.58	1.32	3.95	1.32	0.00
POTATO, WEDGE FRIES THIN; 4	4 OZ	80	112	0	0	2.23	0.40	0.0	0	0	2.68	2.23	16.73	2.23	0.00	0.00
ORANGES,FRESH	1 EACH	75	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	0.00
JUICE CUP, VARIETY	1 EACH	60	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
KETCHUP, PC 7 GR	PKG	80	10	0	80	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
SYRUP CUP, REDUCED CALORI	1 EACH	100	50	0	15	0.00	0.00	0.0	0	0	0.0	0.0	13.0	0.0	0.00	0.00
Weighted Daily Average			619	147	758	5.51	2.94	378.1	862	155	77.64	24.33	96.11	15.44	3.71	0.00
% of Calories												15.7%	62.1%	22.4%	5.4%	0.0%
Weighted Average			679	68	1170	*8.49	4.39	476.8	3020	351	54.08	28.00	107.96	15.77	3.95	*0.19
												16.5%	63.6%	20.9%	5.2%	*0.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	679		664	102%				
Cholesterol (mg)	68		75	90%				
Sodium (mg)	1170		1328					*Target effective with 2014-2015 School Year!
Fiber (g)	8.49		6.00	142%	Missing			
Iron (mg)	4.39		3.50	125%				
Calcium (mg)	476.8		286.00	167%				
Vitamin A (IU)	3020		1120	270%				
Vitamin A (RE)	351		224	157%				
Vitamin C (mg)	54.08		15.00	361%				
Protein (g)	28.00	16.51%	10.00	280%				
Carbohydrate (g)	107.96	63.64%						
Total Fat (g)	15.77	20.92%	<=30.00%					
Saturated Fat (g)	3.95	5.23%	<10.00%					
Trans Fat¹ (g)	0.19	0.26%			Missing			

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 10, 2014 thru Feb 14, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Mon - 02/10/2014																
LUNCH K-5	Total	100														
CHICKEN, TERIYAKI	SERVG 2.85 OZ	100	146	53	414	0.00	1.08	20.0	100	20	0.0	15.0	14.0	2.5	1.00	0.00
RICE, BROWN LONG, QUICK COOKED	1/2 cup	90	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	0.00
GREEN BEANS, CUT	3/4 CUP	85	50	0	540	2.00	0.72	0.0	400	80	0.0	0.0	10.0	0.0	0.00	0.00
FRUIT,MIXED,CND,LIGHT: 1/2 c	1/2 C	70	144	0	15	2.80	0.80	15.2	264	53	4.8	1.2	37.6	0.0	0.00	0.00
JUICE WH FRUIT CUP FZ MIX BE	1 EACH	50	70	0	5	3.00	0.36	80.0	300	60	60.0	0.0	18.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			554	61	1066	6.78	3.07	379.6	1275	255	34.56	26.36	102.22	3.92	1.54	0.00
% of Calories												19.0%	73.8%	6.4%	2.5%	0.0%
Tue - 02/11/2014																
LUNCH K-5	Total	100														
MANWICH SLOPPY JOE'S K-8 GRADE	3 OZ	100	297	22	800	4.51	3.47	55.7	280	56	32.0	13.31	34.67	11.87	3.62	0.00
BROCCOLI, FLORETS, FROZEN	1 CUP	75	53	0	40	42.60	0.00	40.0	130	26	63.6	2.6	8.0	0.0	0.00	0.00
PEARS,FRESH	1 EACH	40	96	0	2	5.15	0.28	14.9	38	3	6.97	0.63	25.66	0.2	0.02	*N/A*
APPLESAUCE, UNSWEETENED	1 CUP	75	120	0	20	4.00	2.88	0.0	0	0	4.8	0.0	30.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			598	30	1020	41.51	6.01	391.7	892	177	87.29	23.76	97.68	12.58	4.00	*0.00
% of Calories												15.9%	65.4%	18.9%	6.0%	*0.0%

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 10, 2014 thru Feb 14, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/12/2014																
LUNCH K-5	Total	100														
SOCKEYE SALMON FILLET	6 OZ	100	360	85	200	1.00	1.44	20.0	1251	250	9.0	30.02	2.0	26.01	3.50	*N/A*
RICE, BROWN LONG, QUICK CO OKED	1/2 cup	90	108	0	5	1.80	0.41	10.0	0	0	0.0	2.52	22.39	0.88	0.18	0.00
SALAD, ROMAINE: 1.5C NO DRE SSI	1.5 CUP	50	55	0	26	2.82	1.06	43.5	12183	941	56.65	1.52	12.52	0.35	0.05	0.00
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	50	66	0	175	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
JUICE CUP, VARIETY	1 EACH	75	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
SALAD DRESSING, RANCH	1 OZ	50	67	11	113	0.00	0.00	18.7	31	0	0.07	0.56	1.81	6.16	0.59	0.00
TARTAR SAUCE: scratch	1 OZ	100	77	6	148	0.29	0.05	8.0	1	0	2.34	0.29	6.52	6.22	0.62	0.00
Weighted Daily Average			798	104	685	5.11	3.01	373.9	7891	827	89.41	42.99	77.83	37.31	5.05	*0.00
% of Calories												21.5%	39.0%	42.1%	5.7%	*0.0%

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Thu - 02/13/2014																
LUNCH K-5	Total	100														
VEGETARIAN CHILI :1/2	1/2 c	100	90	0	442	3.42	1.70	50.2	306	81	23.54	3.28	13.47	3.53	0.31	0.01
SANDWICH, GRILLED CHEESE:1	1/2 SAND	100	160	2	430	1.50	0.72	224.8	50	10	0.0	8.49	16.99	7.49	2.00	0.00
CARROTS, BABY RAW	4 OZ	75	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
PEARS, SLICED :1/2 C	1/2 C	70	160	0	10	4.00	0.72	0.0	0	0	2.4	0.0	40.0	0.0	0.00	0.00
COOKIE, SUGAR REDUCED FAT WHOL	1 EACH	100	111	7	114	0.87	0.54	0.0	16	3	0.0	1.42	18.19	3.64	1.20	1.08
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			613	17	1185	9.21	3.92	581.8	3804	513	26.97	21.58	102.65	15.31	3.88	1.09
% of Calories												14.1%	67.0%	22.5%	5.7%	1.6%

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 10, 2014 thru Feb 14, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Fri - 02/14/2014																
LUNCH K-5	Total	100														
EGG ROLL SFS MINH TURKEY & VEG	1 EACH	100	250	110	680	3.00	3.60	60.0	500	144	4.8	15.0	27.0	9.0	2.50	0.00
POTATO, WEDGE FRIES THIN; 4	4 OZ	100	112	0	0	2.23	0.40	0.0	0	0	2.68	2.23	16.73	2.23	0.00	0.00
PEACHES, LIGHT SYRUP: 1/2 C	1/2 C	70	140	0	20	0.00	0.00	0.0	600	120	2.4	0.0	34.0	0.0	0.00	0.00
JUICE CUP, VARIETY	1 EACH	60	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
KETCHUP, PC 7 GR	PKG	100	10	0	80	0.00	0.00	0.0	0	0	0.0	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			632	118	949	5.23	4.27	363.0	1420	328	46.36	25.52	101.88	11.86	2.87	0.00
% of Calories												16.2%	64.5%	16.9%	4.1%	0.0%
Weighted Average			639	66	981	13.57	4.06	418.0	3057	420	56.92	28.04	96.45	16.19	3.47	*0.22
												17.6%	60.4%	22.8%	4.9%	*0.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	639		664	96%		25		Correction Required - Calories are Low
Cholesterol (mg)	66		75	88%				
Sodium (mg)	981		1328					*Target effective with 2014-2015 School Year!
Fiber (g)	13.57		6.00	226%				
Iron (mg)	4.06		3.50	116%				
Calcium (mg)	418.0		286.00	146%				
Vitamin A (IU)	3057		1120	273%				
Vitamin A (RE)	420		224	187%				
Vitamin C (mg)	56.92		15.00	379%				
Protein (g)	28.04	17.55%	10.00	280%				
Carbohydrate (g)	96.45	60.38%						
Total Fat (g)	16.19	22.81%	<=30.00%					
Saturated Fat (g)	3.47	4.89%	<10.00%					
Trans Fat[1] (g)	0.22	0.31%			Missing			

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 24, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat¹ (g)
Mon - 02/24/2014																
LUNCH K-5	Total	100														
EGG ROLL SFS MINH TURKEY & VEG	1 EACH	100	250	110	680	3.00	3.60	60.0	500	144	4.8	15.0	27.0	9.0	2.50	0.00
CARROTS, BABY RAW	4 OZ	80	10	0	22	0.82	0.25	9.1	3909	426	0.74	0.18	2.34	0.04	0.01	0.00
APPLESAUCE, CINNAMON CUP	1 EA	50	120	0	15	2.00	0.00	0.0	0	0	0.0	0.0	30.0	0.0	0.00	0.00
PEARS, SLICED :1/2 C	1/2 C	50	160	0	10	4.00	0.72	0.0	0	0	2.4	0.0	40.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
RICE, BROWN LONG, QUICK CO OKED	3/4 cup	75	162	0	7	2.70	0.61	15.0	0	0	0.0	3.78	33.59	1.32	0.27	0.00
Weighted Daily Average			652	118	891	8.68	4.89	378.5	4128	584	7.79	26.23	113.31	10.64	3.08	0.00
% of Calories												16.1%	69.5%	14.7%	4.3%	0.0%
Tue - 02/25/2014																
LUNCH K-5	Total	100														
POLLOCK NUGGETS: 4 EA	1 EACH	100	227	13	387	1.33	0.96	26.7	0	0	0.0	13.34	18.68	10.67	0.67	0.00
RICE, BROWN LONG, QUICK CO OKED	3/4 cup	80	162	0	7	2.70	0.61	15.0	0	0	0.0	3.78	33.59	1.32	0.27	0.00
GREEN BEANS, CUT	3/4 CUP	75	50	0	540	2.00	0.72	0.0	400	80	0.0	0.0	10.0	0.0	0.00	0.00
ORANGES,FRESH	1 EACH	80	45	0	0	2.30	0.10	38.4	216	20	51.07	0.9	11.28	0.12	0.02	0.00
JUICE CUP, VARIETY	1 EACH	60	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
TARTAR SAUCE: scratch	1 OZ	100	77	6	148	0.29	0.05	8.0	1	0	2.34	0.29	6.52	6.22	0.62	0.00
Weighted Daily Average			669	27	1121	7.12	2.39	380.4	973	176	80.40	25.67	100.93	18.66	1.90	0.00
% of Calories												15.3%	60.3%	25.1%	2.5%	0.0%

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 24, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Wed - 02/26/2014																
LUNCH K-5	Total	100														
CHICKEN BREADED 8-WAY PORTIONS	SERVG	100	220	70	380	1.00	1.44	20.0	0	0	0.0	14.0	12.0	13.0	3.50	0.00
ROLLS, ROUND WHEAT DINNER	1 EACH	80	110	0	200	1.00	1.08	60.0	0	0	0.0	3.0	20.0	2.0	0.00	0.00
POTATOES, MASHED INSTANT: 1/2C	1/2 C	80	140	0	500	2.00	0.72	40.0	100	20	2.4	4.0	28.0	1.0	0.00	0.00
GRAVY MIX, CHICKEN INSTANT	1 OZ	80	12	2	150	0.00	0.00	0.0	0	0	0.0	0.5	2.0	0.5	0.00	0.00
JUICE WH FRUIT CUP FZ MIX BE	1 EACH	80	70	0	5	3.00	0.36	80.0	300	60	60.0	0.0	18.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			618	80	1239	5.80	3.44	464.0	820	164	51.12	28.25	90.65	16.42	3.87	0.00
% of Calories												18.3%	58.6%	23.9%	5.6%	0.0%
Thu - 02/27/2014																
LUNCH K-5	Total	100														
SPAGHETTI AND MEAT SAUCE	1 CUP	100	194	25	449	3.48	2.66	68.2	367	75	9.77	11.12	16.9	10.37	4.09	0.00
BREAD STICK WG BROWN SER	STICK	100	90	0	170	1.00	0.72	20.0	0	0	0.0	2.0	14.0	2.5	0.00	0.00
CORN, CANNED, WHOLE-KERN: 1/2c	1/2 cup	70	66	0	175	1.60	0.71	4.0	66	13	7.0	2.15	15.24	0.82	0.13	0.00
BANANAS,RAW FRESH	1 EACH	25	90	0	1	2.63	0.26	5.1	65	8	8.79	1.1	23.07	0.33	0.11	0.00
PEACHES, LIGHT SYRUP: 1/2 C	1/2 C	75	140	0	20	0.00	0.00	0.0	600	120	2.4	0.0	34.0	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HALF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HALF PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
Weighted Daily Average			590	33	931	6.26	4.21	392.3	1379	276	19.87	23.15	97.09	14.15	4.59	0.00
% of Calories												15.7%	65.9%	21.6%	7.0%	0.0%

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KENAI PENINSULA BOROUGH SCHOOL DISTRICT

Feb 24, 2014 thru Feb 28, 2014 Spreadsheet - Portion Values

LUNCH K-5

	Portion Size	Plan Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-A (RE)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat[1] (g)
Fri - 02/28/2014																
LUNCH K-5	Total	100														
SLIDERS	2 EACH	100	524	*80	699	*2.00	4.32	*1057.5	*2625	*525	*0.0	31.75	*41.87	22.5	9.56	*0.00
POTATO, WEDGE FRIES THIN; 4	4 OZ	80	112	0	0	2.23	0.40	0.0	0	0	2.68	2.23	16.73	2.23	0.00	0.00
GRAPES,FRESH	1 OZ	80	76	0	2	1.02	0.33	15.9	113	11	4.54	0.71	19.45	0.4	0.13	0.00
JUICE CUP, VARIETY	1 EACH	60	50	0	0	0.00	0.00	5.0	0	0	60.0	0.07	13.5	0.0	0.00	0.00
MILK DARIGOLD WHITE 1% HA LF P	HALF PIN	25	110	15	130	0.00	0.00	300.0	500	100	1.2	9.0	13.0	2.5	1.50	0.00
MILK, DARIGOLD CHOC FF HAL F PI	HALF PIN	75	140	5	190	0.00	0.36	300.0	500	100	1.2	8.0	28.0	0.0	0.00	0.00
KETCHUP, DESPENSER POUCH	1 OZ	100	30	0	360	0.00	0.00	0.0	0	0	0.0	0.0	8.0	0.0	0.00	0.00
Weighted Daily Average			866	*88	1236	*4.60	5.17	*1373.2	*3216	*634	*42.97	42.40	*111.17	25.23	10.04	*0.00
% of Calories												19.6%	*51.3%	26.2%	10.4%	*0.0%
Weighted Average			679	*69	1084	*6.49	4.02	*597.7	*2103	*367	*40.43	29.14	*102.63	17.02	4.70	*0.00
												17.2%	*60.4%	22.6%	6.2%	*0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	679		664	102%				
Cholesterol (mg)	69		75	92%	Missing			
Sodium (mg)	1084		1328					*Target effective with 2014-2015 School Year!
Fiber (g)	6.49		6.00	108%	Missing			
Iron (mg)	4.02		3.50	115%				
Calcium (mg)	597.7		286.00	209%	Missing			
Vitamin A (IU)	2103		1120	188%	Missing			
Vitamin A (RE)	367		224	164%	Missing			
Vitamin C (mg)	40.43		15.00	270%	Missing			
Protein (g)	29.14	17.16%	10.00	291%				
Carbohydrate (g)	102.63	60.45%			Missing			
Total Fat (g)	17.02	22.56%	<=30.00%					
Saturated Fat (g)	4.70	6.22%	<10.00%					
Trans Fat[1] (g)	0.00	0.00%			Missing			

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